community. Generally, near-infrared ranges from about 750-7500 nanometers (nm), mid-infrared ranges from about 7500-7000 nm, and the far-infrared range is greater than about 7000 nm up to about 1 millimeter. In some embodiments, the near infrared range is defined to include all or at least a portion of the spectrum of visible light, especially the portion including red light, and thus includes wavelengths from about 400 nm to about 1500 nm or from about 480 nm to about 960 nm or from about 580 nm to about 960 nm. The power or intensity of a given peak may be varied, for example, by increasing or decreasing the number of heating elements operating at that peak wavelength.

[0090] Exemplary embodiments provide for a sauna integrated within a smart home environment such that various settings associated with the sauna can be controlled from various locations in the home, or even from locations remote from the home. Other embodiments provide for a sauna that is integrated within a network of saunas or other devices. Still further embodiments provide for a sauna having any combination or all of the various features described herein.

[0091] Many different arrangements of the various components depicted, as well as components not shown, are possible without departing from the scope of the claims below. Embodiments of the technology have been described with the intent to be illustrative rather than restrictive. Alternative embodiments will become apparent to readers of this disclosure after and because of reading it. Alternative means of implementing the aforementioned can be completed without departing from the scope of the claims below. Identification of structures as being configured to perform a particular function in this disclosure and in the claims below is intended to be inclusive of structures and arrangements or designs thereof that are within the scope of this disclosure and readily identifiable by one of skill in the art and that can perform the particular function in a similar way. Certain features and sub-combinations are of utility and may be employed without reference to other features and sub-combinations and are contemplated within the scope of the claims.

What is claimed is:

1. An infrared-therapy device comprising:

an enclosure assembly for accommodating a user;

a first heating element coupled with the enclosure assembly and operable to emit near-infrared radiation;

a second heating element coupled with the enclosure assembly and operable to emit far-infrared radiation; and

a control panel associated with the enclosure assembly and operably coupled with the first heating element and the second heating element, the control panel operable by the user to select near-infrared and far-infrared radiation to be emitted within the enclosure assembly by one or more of the first heating element and the second heating element.

2. The infrared-therapy device of claim **1**, further comprising:

a driver module operably coupled to the first heating element and the second heating element and configured to selectively control the first heating element and the second heating element to emit infrared radiation, and

wherein the control panel is operably coupled with the driver module to control output of infrared radiation.

3. The infrared-therapy device of claim **1**, further comprising:

a first driver module operably coupled to the first heating element and configured to selectively control the first heating element to emit infrared radiation;

a second driver module operably coupled to the second heating element and configured to selectively control the second heating element to emit infrared radiation, and

wherein the control panel is operably coupled with one or both of the first driver module and the second driver module to control output of infrared radiation by the one or both of the first heating element and the second heating element.

4. The infrared-therapy device of claim **1**, wherein the desired output infrared radiation is specified based on an indication of one or more of a wavelength, an infrared radiation spectrum, a temperature, and a training program.

5. The infrared-therapy device of claim **1**, further comprising:

an infrared emitter that includes the first heating element and the second heating element in an integrated unit that is coupled with the enclosure assembly.

6. The infrared-therapy device of claim **5**, wherein the infrared emitter further includes a driver module operably coupled to the first and the second heating elements and configured to selectively control the first and the second heating elements to emit infrared radiation.

7. The infrared-therapy device of claim **1**, further comprising:

a first infrared emitter that includes the first heating element; and

a second infrared emitter that includes the second heating element, the first and the second infrared emitters being separately coupled with the enclosure assembly.

8. The infrared-therapy device of claim **1**, further comprising:

a third heating element coupled with the enclosure assembly and operable to emit mid-infrared radiation, the third heating element being operably coupled with the control panel.

9. The infrared-therapy device of claim **8**, wherein the control panel is configured to determine one or more of the first, the second, and the third heating elements to be energized to provide infrared radiation based on a selection received from the user.

10. The infrared-therapy device of claim **1**, wherein the second heating element is tuneable to selectively emit one or both of far- and mid-infrared radiation.

11. The infrared-therapy device of claim **10**, wherein the control panel is configured to receive a specification of near-, mid-, and far-infrared radiation, and to determine one or more of the first and the second heating elements to be energized to provide infrared radiation based on the specification, and when one or more of mid- and far-infrared radiation are indicated by the specification the control panel is configured to determine a setting at which to operate the second heating element to produce the one or more of mid-infrared and far-infrared radiation.

12. The infrared-therapy device of claim **11**, wherein the setting is one or more of a current and a voltage to be applied to the second heating element.